

the solihull index

a community magazine and business directory
for residents of solihull

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summer fun...

Welcome to the August issue of The Solihull Index.

For those of you that aren't jetting off overseas this Summer, **there's lots of great things happening locally** – including Touchwood's urban beach, Age UK's Big Knit Campaign, a Charity Fun Day at the Land Rover Sports & Social Club and much more.

Check out the local event guide on page 6 and have a look at page 36 to see what shows are coming up at the Core Theatre. The Solihull Summer Fest returns to Tudor Grange Park on August Bank Holiday weekend so get your tickets, picnics and dancing shoes sorted!

Have a great month and make the most of the weather and the Summer holidays, while they last!



Zoe Reece

Tel: 07557 220585

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contents

- | | | | |
|-----------|--------------------------|-----------|--------------------------|
| 6 | Local events | 34 | Puzzles |
| 26 | Cinema and theatre guide | 36 | Useful telephone numbers |
| 30 | Competition | 37 | Index |
| 32 | Book Reviews | | |
| 33 | Recipes | | |

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**New Solihull showroom
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community events

Totally Tropicana

Until 2nd September

Touchwood

Touchwood is giving local residents the chance to be transported to sunnier shores once again with the return of its popular Costa Del Solihull urban beach in Theatre Square. This year's beach brings with it a touch of the 80's with a fun and colourful 'Tropicana' twist. Complete with deckchairs, buckets and spades, Costa Del Solihull offers the perfect place to enjoy a relaxing holiday experience without having to travel very far.



Big Knit

1st September - 8th January

Can you knit little hats for the top of Innocent Smoothie Bottles, and in doing so raise money and awareness for Age UK Solihull's Winter Warmth campaign? For patterns call 0121 704 7842 or visit www.ageuksolihull.org.uk. Drop your finished hats to Age UK Solihull at The Core, Solihull Central Library or at their Solihull shop. Don't want to knit alone? Visit Boston Tea Party in Solihull on Tuesdays from 4th September between 9am - 12noon and join other knitters.



An Evening at the Opera with Gaynor Keeble and Friends

Saturday 8th September, 7.30pm

Knowle Village Hall

Gaynor is a well-known mezzo soprano singer both on the operatic and the concert stages, and the programme will contain many Opera favourites. Tickets £8.50 from Carolyn (01564 779898) or Stephen (01564 778163). The concert is in aid of the Hall Refurbishment Fund.

George Michael & Wham Tribute

Saturday 15th September 7pm

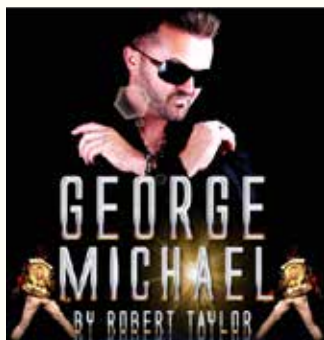
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- **Councillor's Surgery** - these are face-to-face meetings held by councillors for local people to raise issues in their area. First and last Saturday of the month, 10.00am-12.00pm
- **Rhyme Time** - Wednesdays 10.15am to 10.30am, term-time only. A short interactive session for 0-2s that includes finger and action rhymes and songs. Come along and meet up with other parents/carers and discover what the library can offer your child.
- **Meet and Play** - Fridays 10.15am to 11.15am, age 0 - 2 years (term time only). Our new Meet and
- **Homework Club** - Tuesdays 3.45pm to 5.15pm, term time only
- **Silent Reading Cafe** - Held once a month on Thursday evenings, this is a chance to unwind and read in a cosy, informal environment without distractions. It begins with an hour of silent reading from 6pm with a chance to chat (if you want) between 7pm and 7.45pm.



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Picnic Power

How I overcame my fear of eating al fresco

The text from my friend Lorraine said simply: Fancy a family picnic this weekend? My palms began to sweat; my heart pounded. If she'd invited me to a naturist karaoke evening, I'd have been less distressed! I wanted to yell **"NO!"** Why would you suggest that? I thought we were friends! **I detest picnics.** Picnics are my nemesis.

My hatred of them began as a child. Car-sick and hot (air-con in vehicles was pretty much unheard of in 1980s Birmingham, and my mother insisted on having all the windows closed on account of 'the fumes') we would arrive at some God-forsaken destination, usually a carpark with a field attached next to a gasworks, and unpack soggy sandwiches, dangerously tepid sausage rolls and revolting syrupy Kia-Ora. There were never any loos, so we had to **'go' behind a bush**; the memory of being discovered mid-flow by a random dog-walker still haunts me.

I'm sure my mother imagined herself, wearing a straw hat and broderie anglaise summer dress, reclining elegantly on a plaid rug while we children frolicked nearby playing tag or flying kites, or maybe lolled next to her reading.

The reality was my own personal version of hell. She might have managed the straw hat, but it wasn't easy to look elegant while squatting on a sloping patch of sparse parkland, being eaten alive by ants while us kids alternately squabbled and whined or poked a dead, maggoty rabbit with sticks.

She tried various approaches over the years. Once she cooked picnic fayre from the recipes in Woman's Own Magazine. Marinated chicken wings which looked quite nice before they'd

travelled twenty miles in a Tupperware box, ended up looking (and tasting) like evidence from a particularly gruesome episode of *Silent Witness*. **Ditto the potato salad.**

I have nothing against eating outdoors. I have a table and chairs in my garden. The food only has to travel a few feet from the kitchen so there are no nasty surprises when we come to eat it. As an adult I'd avoided all picnics, until now. But Lorraine is my best friend and sometimes you must take one for the team, so I agreed reluctantly. "I'll bring the food, you bring the drink," she said.



My ridiculously enthusiastic family (they were stupidly excited about our first family picnic) and I arrived at the venue. My expectations were low. Lorraine and her husband Dave unloaded folding tables, chairs, a table cloth and... a cool box of delicious food mostly purchased from the local deli, which does all manner of pre-prepared salads and cold cuts. There was fresh bread, olives, citronella candles to keep away insects, music, wine (courtesy of yours truly) and not a salmonella-infested sausage roll in sight. **It was completely delightful.** There may have been frolicking children too, even if one of them did find a dead bird (told you!)

I am now a picnic convert and we're planning another. I'm even reading recipes for marinated chicken wings!

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Summer Sunscreen Tips

Don't skimp – You need to apply a shot glass-sized amount of suntan lotion in the morning, then reapply every couple of hours. Skimping means you aren't protected!

High is not necessarily best – It's better to reapply factor 30 every couple of hours than to apply factor 70 once.

Choose Broad Spectrum – These sunscreens provide the maximum protection against the widest range of UV wavelengths.

Don't forget - the eyes, the tip of the nose, the tops of the feet, the lips, and near the hairline and scalp. These are the places people most commonly suffer sun-burn.

Apply even if you're not at the beach – Incidental sun exposure from walking down the street, driving with the windows open and

sitting in front of a window, account for most of our exposure to UV throughout our lives. Apply suntan lotion wherever you are!

Reapply – Even water-resistant sunscreen needs regular reapplication.

If it's expired throw it out – Expired sunscreen breaks down and is less effective.

Use a high SPF moisturiser – Every day, even in the winter! It really is the best thing you can do to protect your skin daily.



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Have you ever wondered what life was like before smartphones?

One of the oldest forms of long distance communication is smoke signals, used in both Ancient China and by Native Americans

to warn of enemy attacks.

Then there were carrier or homing pigeons, which are birds that have been bred to find their way home over immensely long distances. A short message was written on a small piece of paper which was inserted into a small metal canister and attached to the leg of a pigeon. They were mainly used by the military and were a surprisingly accurate and effective way of communicating during battle.

In 1837, two sets of inventors simultaneously developed an electrical telegraph: Wheatstone and Cooke in England, and Samuel Morse in the United States. Morse and an assistant developed a new signalling alphabet using dots and dashes that became the standard for telegraph communication. By 1861, this Morse telegraph system connected the West and East coasts of America, and put the Pony Express (a mail-delivery service which had connected communities across the vastness of the United States) out of business. As technology improved, the telegraph became an audio transponder, where messages were translated based on the interval between two clicks.

Alexander Graham Bell is commonly credited as the inventor of the telephone, though in fact many individuals contributed to the devices we use today but it was Bell who filed the patent in 1876 for an "apparatus for transmitting vocal or other sounds telegraphically"



The earliest text-based machine was the fax machine. It's been around since the 1880s, though it only achieved commercial success in 1966, when Xerox introduced the Magnafax Telecopier. This behemoth weighed over 20Kg and sent digital versions of documents through phone lines via a series of dial tones. The fax machine became popular with business and in newsrooms because it allowed people to send documents across the world in a matter of minutes, replacing courier mail services and telegrams.

In 1973, Motorola produced the first 'mobile' phone, which weighed over 2Kg! Today, we've come a long way from those oversized devices and have access to phones that weigh around the same as a bar of chocolate, and slip easily into our pockets.

With the advent of the Internet came 'Instant Messaging'. ICQ was the first stand-alone instant messenger. This was the first centralized service which allowed individual user profiles. It was the grandfather of all other instant messaging services.

Today we use our mobiles for much more than talking. On average we spend just 6 minutes per day talking on the phone, but more than 26 minutes texting! Originally, we had to type out every letter according to the numerical keypad on our mobile devices. Now we have full QWERTY touch screen keyboards with predictive text and autocorrect capabilities that make it easier than ever to communicate. **How amazing is that?**

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Den-building

By Sarah Davey

My eight-year-old is a den-builder. Wherever we go he constructs a dwelling. If we're at the beach he's off foraging for driftwood to make a shelter, on a forest walk he stacks branches and covers them with leaves and moss, 'for insulation and camouflage!'. If he's stuck indoors on a rainy day he'll use chairs, cushions and blankets. He is one of life's builders and should there ever be a zombie apocalypse and we have to restart civilisation from scratch I want to be on his team!

If you could distil childhood into a single activity, it would probably be den-building. **Most kids love it**, be it scavenging building materials from forest debris, to stacking chairs back-to-back and raiding the airing cupboard for linen. Den-building is also a great family activity. It requires teamwork and communication and is a good way to spend quality time together. Even the smallest children can gather leaves, or cushions if you're indoors, and add decorations. My son loves to use fairylights on his more elaborate indoor structures.

But essentially, **all a den needs is a frame and a cover**. Planning is everything though. What materials are available? The beach will provide different building materials to the forest, or the sitting room. Think about how you'll support the roof. If it all collapses, don't stress, what have you learned? Den-building is about the process as much as the final result.

A sturdy frame

Chairs and tables are good for building a structure quickly (good for very young children). Bamboo canes are light, strong and fairly cheap. Broom handles or tent poles are also good. Bendy sticks or plastic bendy pipes can make an interestingly shaped

den. Fallen branches make you feel like Robinson Crusoe (but don't destroy trees).

Stuff for tying

String or rope; rags - try cutting up old T-shirts.

Shelter Materials

Bright materials can help you turn your den into a palace, fancy restaurant or castle. If you want to leave your den outside you'll need waterproof material, such as plastic dust sheets or tarpaulin. You can use large leaves a bit like tiles but you need lots and they must overlap properly so the rain runs off them and not into your den. It's fun experimenting though. If you do use leaves, ferns and moss remember that these are the habitats for little creatures so exercise some care.

DON'T use glass, or very heavy fence panels, tins of paint or branches cut from living trees.

If you're outside respect the environment! Don't damage the den site - when your den is dismantled it should leave no trace. Don't discard litter; take your rubbish home with you.

Take lots of photos or videos of your efforts. One afternoon building a den in the company of **your favourite people will also build memories that last a lifetime**.





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Fairground Attraction

Why we like to be scared

Fairs and theme parks never seem to lose their attraction. My kids love them as much as I did. The smell of candyfloss, the music and the thrills. It's a perfect summer combination.

Not everyone will agree with me though. My wife is terrified of anything more exciting than the merry-go-round. So why do I love Blackpool's Big One, while her knuckles go white on the dodgems?

According to psychologists it comes down to something he calls a "type T" personality. Type T's are thrill-seekers who thrive on the uncertainty and intensity of activities that most people would find hair-raising.

It seems some of us enjoy the physical sensations associated with fear: the adrenaline rush; the pounding heart and the sweaty palms. **Scary rides make us feel alive.** Terrifying experiences induce a sense of euphoria once we're back on solid ground though we only enjoy them experts say, when we're within a "protective frame" that assures us that deep down, we're still safe.

Recent research has pinpointed certain genes which may be responsible for those of us with type T personalities. Biochemists have isolated a gene called DRD4 which seems

more common in rollercoaster-lovers like me.

New technologies have allowed engineers to design coasters that change speeds quickly, shoot up hundreds of feet into the air, and make all sorts of twists and subject the body to intense forces. Research suggests that extreme fairground rides tend to appeal particularly to those of us who lead stressful, structured or controlled lives. It's certainly true that roller coasters are a way of breaking out of the humdrum expectations of everyday life. Theme parks allow us to act like children again; **to experience true excitement and behave a little wildly.** Where else as an adult can you scream at the top of your lungs and throw your arms in the air without being sent for psychological evaluation?

Adventure parks are also a great way of bringing families and friends together. Riders share the thrill and adventure of having survived what feels like an extreme experience, even though the rides there are very safe. This bonds the participants more closely. It's even been suggested because of this that theme parks and rollercoasters are good places to go on a date because in situations of high emotional intensity attraction is more likely.

If you're looking for a great day out this summer where you can get in touch with your inner risk-taker, feel closer to your family and maybe even find romance...**head for the nearest theme park. It's a scream!**



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High Quality Standards

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Mainstream Windows is a leading supplier of all types of replacement domestic UPVC & Aluminium Bifold doors. Whether you are looking for a new front entrance, back entrance or garage options, Mainstream's expert team can advise you on the best product to suit your property, lifestyle and budget.

For front entrance and back entrance, there are three main types of products used in homes today – wooden, UPVC and composite doors.

UPVC Doors

UPVC doors are available in a wide range of colours and finishes and their comparative lower cost to alternative materials has made them popular in recent years. They also have other benefits, such as a higher resistance to weathering and generally require less maintenance



Bifold doors

Bifold doors are built to stack neatly to one or both sides of an aperture when open. This allows people to move freely from inside to outside or from one room to another. These can be used as room dividers or to open onto a balcony or terrace.

Composite Doors

As their name suggests, they are made up from several different materials to produce a robust, secure and attractive-looking to protect your home. The combination of materials, such as PVC, wood, insulating foam and GRP (glass reinforced plastic) results in a product that is very strong and requires no painting or varnishing to keep it looking good over its long lifetime. An occasional wipe with a damp cloth is all that is needed to keep it clean and retain its smart appearance.

Porches



a taster of what's on in august and september...

CINEMA

The Equalizer 2

from 17th August

Retired CIA black ops agent Robert McCall returns to bring his unique, violent brand of justice back to the streets. After using his unique skills to help those in need, he's found himself in high demand. But even he may have taken on too great a challenge with his latest case...



Crazy Rich Asians

from 17th August

Rachel goes to Singapore with her boyfriend for his friend's wedding and discovers he's from a family of 'Crazy Rich Asians'. He's possibly the most eligible bachelor in the area, and all the other women are willing to do whatever it takes to bring her down.



Alpha

from 24th August

An epic story of a desperate fight for survival during the Ice Age. Everything goes wrong in a routine hunting expedition, and a young caveman finds himself alone in the frozen wastes. A thrilling adventure set 20,000 years ago in one of the most hostile environments imaginable.



To book please visit www.cineworld.co.uk

THEATRE

The Core Theatre, Solihull (formerly Solihull Arts Complex)

Morgan & West's Magic Show

Thursday 30th August

Time travelling magicians Morgan & West present a jaw dropping, heart stopping, brain busting, opinion adjusting, death defying, mind frying, spirit lifting, paradigm shifting, outlook changing, furniture rearranging magic extravaganza!



The Roy Orbison Story – 2018 Tour

Friday 7th – Saturday

8th September

Barry Steele is one of the world's leading vocalists playing homage to legend Roy Orbison. He has stunned audiences across the globe with his uncanny similarity and ability to authentically revive Orbison's sound. Barry Steele is unmissable, as he takes you on this specially produced musical journey in time.



Malcolm Stent in the Afternoon

Wednesday 12th September

His guests vary each show, sometimes singers, sometimes guitarists. His stories will take you back and hopefully make you smile too. Malcolm's warmth and local interest ensures his popularity never wanes and his audiences remain as loyal now as they were 25 years ago!



To book please visit www.thecoretheatresolihull.co.uk



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COMPETITION



WIN 2 tickets

to see **Rolling Back The Years**

Wednesday 26th September 7.30pm

The Core Theatre, Solihull (formerly Solihull Arts Complex)

For your chance to win these tickets, worth £32, visit the Core Theatre website page for this event - www.thecoretheatresolihull.co.uk - to find the answer to this question:

Which dancers are performing in the show?

Email your answer to: thecoretheatre@solihull.gov.uk
and please put 'ELO' as the subject line

Closing date for entries is 7th September and the winner will be drawn at random and notified by email after this date

About the Show:

The ultimate feel good show! Another sensational show from the producers of 'Memory Lane', 'All our Yesterdays', and 'Memories are made of This'. One of the biggest shows of its kind in the UK, taking the audience on a breath-taking musical journey through the 50's, 60's, and some of the brilliant sounds of the 1970's. Including songs by Connie Francis, Frank Sinatra, The Beatles, Elvis Presley, Abba, Jersey Boys and many more. Beautifully costumed and choreographed for each decade, performed by 'West End' and international vocalists.

Eat to Boost Your Mood

We all feel a bit low from time to time. Try modifying your diet.

Go Mediterranean: Scientists have found that those who followed a classic Mediterranean diet were 30 per cent less likely to develop depression. It is thought that the combination of omega 3 fatty acids together with natural unsaturated fatty acids and antioxidants from olive oil and nuts, flavonoids and other phytochemicals from fruit and other plant foods and large amounts of natural folates and other B vitamins in the overall Mediterranean dietary pattern may help to protect against depression.

Eat selenium: Studies have linked low mood with low levels of the mineral selenium. Eating nuts is the best way to increase your intake. Brazil nuts are the most concentrated selenium source. Just three nuts contain the recommended daily intake of selenium for a woman.

Watch your blood sugar: The glycaemic index (GI) is a numerical system that indicates how quickly carbohydrates will make your blood sugar levels rise. Fluctuations in blood sugar lead to swings

in mood and energy. Choose foods that are slow to digest, and which offer a gradual, sustained energy release.

Boost your serotonin: Tryptophan is an essential amino acid which is converted in our bodies into the neurotransmitter serotonin. Low serotonin levels are often associated with depression. Proteins such as lean chicken, tuna, salmon and beans are tryptophan-rich and have been proven to boost the mood.

Get plenty of fish: Research suggests that omega 3, the essential fatty acids found in fish oils, can improve your mood. Regular consumption of oily fish (salmon, tuna and mackerel) has been associated with better moods and a higher self-reported mental health, even after adjustment for factors such as income, age and other eating patterns.

Remember that depression is not low mood. It is a serious mental health condition. If you think you are suffering from depression please consult your GP.

By Louise Addison



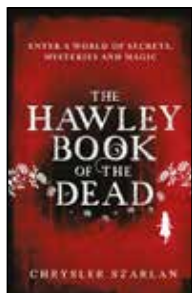
a good read

reviews By Willow Coby

The Hawley Book of the Dead

by Chrysler Szarlan

As the front cover of the book says: enter a world of secrets, mysteries and magic.



We begin with a murder. Reve kills her husband, Jeremy: on stage, in front of an audience. But she doesn't murder him. Reve and Jeremy are a magic act performing on the Vegas Strip and the highlight of their act is 'Defying the bullets', but it is one of those bullets that will kill him.

What at first appears to be a murder mystery of who swapped the bullets soon becomes something else as the grief-stricken Reve and her three daughters leave Las Vegas and return to her ancestral home in New England: a now-deserted hamlet of homes called Hawley Five Corners. Requested to return by her Nan she is told to 'remember the story of the Fetch'.

Drawing on old Irish mythology of the Fetch, the Tuatha De Dannan and Tír na nÓg, this novel draws you into this strange corner of the world where children in the 1920s disappeared, some reappeared several months later but most were never seen again. Reve discovers an old book in the house which appears to be full of blank pages. Only sometimes when she opens it there is writing, and the book gives her an insight into who she really is and the history of her family. Then further tragedy strikes as her teenage twin daughters go missing. Have they disappeared just like the earlier inhabitants of Hawley Five Corners, never to be seen again, or is there something more mundane going on? What is the truth behind the land her

ancestors occupied and what will Reve do to keep her own children safe from the Fetch? What will be the 'great reveal' at the end of the act?

Esio Trot

by Roald Dahl

'Mr Hoppy lived in a small flat high up in a tall concrete building. He lived alone. He had always been a lonely man and now that he was retired from work he was lonelier than ever. There were two loves in Mr Hoppy's life.'



And so the short story of Esio Trot begins. This is pure, classic Roald Dahl, with silly words, silly characters, and, of course, wonderful illustrations by Quentin Blake.

So, what are his two loves? Well, there are the flowers he grows on his balcony, and then there is Mrs Silver a widow who lives in the flat below him. They only see each other when out on their balconies and Mr Hoppy has never had the courage to say more than a few words to her. But then a chance conversation changes everything. Mrs Silver has a pet tortoise called Alfie and she is concerned that Alfie doesn't seem to grow. If only she knew how to help him grow. Mr Hoppy formulates a plan to help Alfie grow and at the same time win Mrs Silver's affections. A plan involving silly words, a metal tube and a LOT of pet tortoises!

Courgette Gratin

A great way to use up the glut of courgettes around at this time of year

Preparation time: 20 mins

Cooking time: 30 mins

Serves 4 people

Ingredients

2 tbsp olive oil
800g/1lb 12oz courgettes, sliced into 5mm/¼in rounds
A few sprigs of thyme
A few basil leaves
100ml/3½fl oz crème fraîche
50ml/2fl oz milk
1 tsp plain flour
75g/2½oz Gruyère or similar cheese, grated
Salt and freshly ground black pepper

Method

Preheat the oven to 200C/Fan 180C/Gas 6

Place the olive oil in a heavy large, lidded frying pan over a low heat. When hot add the courgettes and herbs and season with salt and pepper.

Cover the pan and cook gently for 10 minutes, stirring occasionally, until the courgettes have softened slightly but still have a little bite. Transfer the courgette and herb mixture to an ovenproof dish.

Whisk together the crème fraîche, milk and flour in a bowl and season with salt. Pour the resulting mixture over the courgettes. Don't worry if there is not enough to submerge the courgettes as the mixture will bubble up when cooking.

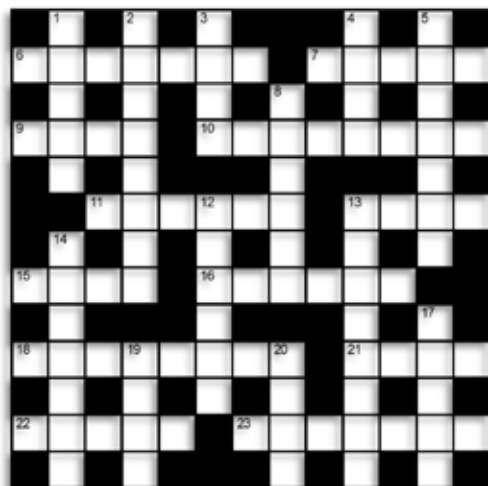
Sprinkle over the Gruyère cheese. Bake in the oven for around 25 minutes, or until brown and bubbling. Serve as a side dish, or as a light supper with crusty bread and a green salad.

Note: Gruyère is a wonderfully melty Swiss cheese but if you can't find it try Emmental, Beaufort, Jarlsberg or Comté.



Serves: 4 people
Preparation and cooking
time: 50 minutes

crossword



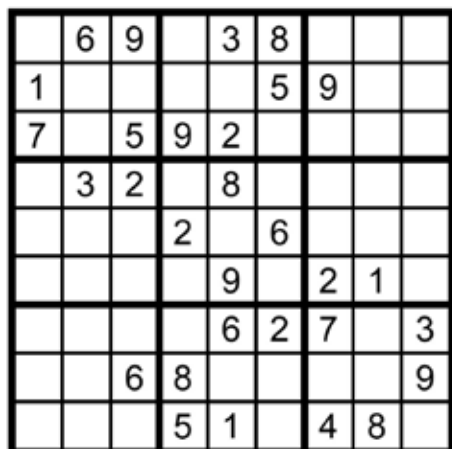
clues

Across

- 6 Very cold storage cabinet (7)
- 7 From then, till now (5)
- 9 Reverse (4)
- 10 Made as good as new (8)
- 11 Image-recording device (6)
- 13 Speed contest (4)
- 15 Capital city of Italy (4)
- 16 Dissertation (6)
- 18 Type of vinegar (8)
- 21 Cigarette end, butt (4)
- 22 Mislead, hoodwink (5)
- 23 Distance travelled per unit of fuel (7)

Down

- 1 Inaccurate, untrue (5)
- 2 Clear or cloudy fizzy drink (8)
- 3 Swerve (4)
- 4 Inflatable rubber mattress (4)
- 5 Howl, shriek (7)
- 8 Breakout, abscond (6)
- 12 Inter, bury (6)
- 13 Print and distribute again (8)
- 14 Appealing, endearing (7)
- 17 Move, shift (5)
- 19 Secure (4)
- 20 Wind into rings (4)



how to play sudoku

It's simple!

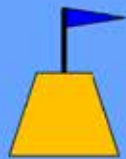
Fill in the grid so that each row, column and 3x3 box, contains the numbers 1 through to 9 with no repetition. You don't need to be a genius. These puzzles use logic alone. Watch out! Sudoku is highly addictive.

answers on page 37

Kids' Page



Steve



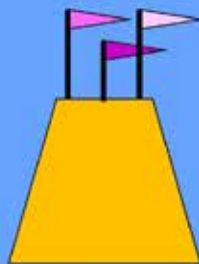
Greg



Katie



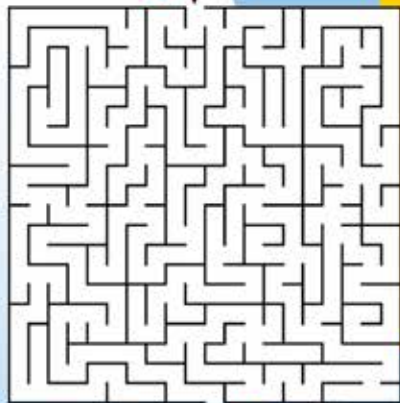
Teddy



Tessa

Five children took part in a sandcastle-building contest. The judges marked each sandcastle out of a maximum possible 60 points. Katie scored 35% of the maximum 60 points. Tessa's sandcastle scored 54. Steve scored half as many points as Tessa. Greg scored 12 fewer points than Steve. Teddy scored $\frac{2}{5}$ of the maximum points. What was the final position of each child in the competition?

Can you help
Rosie and
Freddie get to
the ice cream
van?



Seaside Scramble!

Unscramble the letters to reveal three things you might find at the seaside.

a tub caked spend

lads can set

mice race nav

Seaside Scramble Solutions
Bucket and Spade
Sandcastle
Ice cream van



Ice Cream Maze

useful numbers

Health

NHS non-emergency	111
Grove Surgery	0121 705 1105
Northbrook Group Practice	0121 746 5000
Hobs Moat Medical Centre	0121 742 5211
Solihull Hospital	0121 424 2000
Spire Parkway Hospital	0845 850 1451

Council

Solihull Council	0121 704 6000
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Utilities

Electricity power cut	0800 6783 105
Gas leak	0800 111 9999
Severn Trent Water	024 7771 5000
Severn Trent Water (emergencies)	0800 783 4444

Travel

National Rail Enquiries	03457 48 49 50
Network West Midlands (buses)	0345 303 6760

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kawild@solihull.gov.uk

Councillor surgeries these are face-to-face meetings held by councillors for local people to raise issues in their area. Held at The Core Library, Solihull on the first and last Saturday of the month, 10am – 12 noon.

local police contact for Solihull

Solihull police station

Telephone: 0845 113 5000



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- 3 Bathrooms Galore 0121 783 9966
 17 EH Smith 0121 713 7100
 18 OT Bathrooms 0121 707 8612

Blinds / Curtains / Fabric

- 14 Tudor Rose Curtains 0121 445 2072

Builders

- 21 Parkfield Building Services 0121 241 2959

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- 7 Crossroads Service Station 0156 4703 225
 38 Easylease 0121 693 0573
 39 Johnsons Cars 0156 4454 081

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 12 Bright Dawn Home Care 0156 4784 598

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- 19 Proline 0800 956 1315

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 15 Earlswood Garden & Landscape Centre 0156 4702 314

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- 28-29 Hotlobster Design Ltd 0121 369 1977

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- 7 Equanimity CBT 0844 693 1282

Kitchens

- 5 Dream Doors 0121 314 0956
 17 EH Smith 0121 713 7100

Online Buying & Selling

- 1 ebuygumm www.ebuygumm.co.uk

Plumbing

- 9 Stephen Smith & Son 0156 4200 119

Restaurants

- 2 The Barn at Berryfelds 0167 6522 155

Roofing

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 22 C Stevens Roofing 0121 733 1276
 40 N Bird & Son 0800 195 6946

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- 19 Lyndale Stairs 0154 3677 780

Windows & Doors

- 20 David Cannon Windows 0121 772 5557
 24-25 Mainstream 01564 320 013
 27 Howard Yarnold 0121 414 0808



Sudoku Solution
 from page 34



Crossword Solution
 from page 34

**Solution to Mind benders**

1. Add insult to injury
2. Beating around the bush
3. Split second timing

Mindbenders Solution
 from page 14

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